

Week 4 Physical Education Agenda Checklist

- **May (New)** DEAM (Drop Everything and Move) Activity Calendar
 - Home PE Skill Activity
 - Fitness Challenge Video
 - **Kickboxing with Mr. Sargent**
 - Physical Activity Log
- Individual & Group Physical Activities Bank



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*Please send me an email for any questions you may have. I am happy to create video tutorials for anything you do not understand. I would also love to see you guys being creative and active. Do not be shy about sending me videos of your athletic feats!

May “DEAM” Calendar

Drop Everything And Move

Please Remember

>Always get adult permission before doing any activity

Purpose

>This worksheet encourages students and families to stay active and take steps towards a healthier lifestyle.

Directions

>Each time you complete an activity, cross it off the sheet! Can you cross off all the activities before the end of May?! 😊



| | | | | | | |
|--|--|--|---|---|---|--|
| Read a book to a family member while both doing a wall sit! | Perform as many chest pound (ABC) push-ups as you can. # I can do _____ | A kiwi has ~60mg of vitamin C. Do 60 air punches | Kickboxing with Mr. Sargent | Perform 30 jumping jacks! | Invent a game and try it out! | Kids should be active 60 minutes per day! Skip around the yard for 60 seconds! |
| Pick 5 different muscles to stretch. Hold each stretch for 20 seconds before getting in bed. | Did you know a can of coke has 140 calories? Do 140 high knees! | Family Fun: Play your favorite physical education activity with your family. | Do a bear crawl around your entire house! | Play your favorite song and see if you can jump up and down the whole time. | Take a walk How long I walked for: _____ | Practice your soccer skills for 15 minutes. |
| 1 Cup of broccoli has 60 mg of calcium. Do 60 air kicks. | Take a walk How long I walked for: _____ | Do as many squats as you can in 30 seconds. # I can do _____ | Beans have 500mg of potassium. Jog in place for a 500 count. | Challenge a family member to a fitness challenge! | Do sit-ups for 30 seconds! # I can do _____ | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
| Do ten math problems on a driveway calculator. | Challenge a friend to a Zoom fitness challenge! | Analyze what food groups you have eaten out of throughout the whole day. | Create & complete an inside/outside obstacle course. | Horse Race: race a family member around the house via the gallop (1, 2, or 3 laps). | Take a walk How long I walked for: _____ | Drink a glass of water while doing a wall sit! |
| Practice your volleyball skills for 15 minutes: balloon hits and underhand passes. | Play outside for 30 minutes! | Pick any sport and practice it for 15 minutes. | Jog around the house or neighborhood. How long I jogged for: _____ | Try and beat your old jump rope record! # of jumps: _____ | Practice your baseball skills for 15 minutes! Throwing, catching, & hitting. | Crazy 8's 8 jumping jacks 8 ABC push-ups 8 jumps 8 hops (4 each foot) |

Home PE Skill Activity

Obstacle Course



1. Create and perform an inside or outside obstacle course (or both)
 - a. Get creative with equipment you find around the house.
 - b. Use the different skills we have learned and performed in physical education throughout the year!

Driveway Calculator Fitness Challenge



Math Equations:

$1 + 1 =$

$3 + 2 =$

$4 + 2 =$

$5 + 2 =$

$2 + 2 =$

$6 + 1 =$

$3 + 1 =$

$7 + 2 =$

$8 + 1 =$

$2 - 1 =$

Kickboxing with Mr. Sargent!

Kickboxing Basics:



Kickboxing Warriors!



Student Physical Activity Log (Weekly)

Use this activity log to track your physical activity. The goal is to accumulate at least 60 minutes of physical activity each day. Calculate your minutes every night to see if you met your goal.

| Day | Activity 1 | Activity 2 | Activity 3 | Activity 4 | Total Minutes |
|------------|-----------------------|------------------|---------------------|-------------------|---------------|
| Sample Day | Picked up sticks (15) | Family Walk (30) | Played Outside (20) | Jumping Jacks (5) | 70 |
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |

Physical Activity Bank

| Individual | Partner or Group |
|---|--|
| Individual Jump Rope | Long Jump Rope |
| Disc Golf | Disc Golf |
| Obstacle Course | Obstacle Course |
| Race the Clock (run around the house or down the street) | Foot Race (against a family member) |
| Throwing & Catching (against the garage or up on the roof) | Playing Catch, Monkey in the Middle, Jackpot |
| Kicking (against the garage or net) | Soccer Passing/Shooting |
| Soccer Golf (Pick a target & see how many kicks it takes to hit it) | Soccer Golf (Pick a target & see who can hit it in fewer attempts) |
| Basketball Dribble (each hand, switch hands, try a spin move) | Basketball Keep Away or 1 v 1 |
| Basketball Shooting (shoot a basketball in a hoop or a small ball into a makeshift hoop such as an empty trash can) | Basketball Shooting (Pig or Horse) |
| Volleyball Keep Up (Bump or set the ball to yourself or roof) | Volleyball Passing (Bumping or Setting) |
| Balloon Keep Up (use your hands, feet, head, thighs) | Balloon Keep Up (hands, feet, head, thighs) |
| Sidewalk or Driveway Hopscotch with Chalk | Sidewalk or Driveway Hopscotch with Chalk |
| Sidewalk or Driveway Agility Ladder with Chalk | Sidewalk or Driveway Agility Ladder with Chalk |
| Build a fort | Build a fort |
| Create or learn a dance | Create or learn a dance |
| Crabwalk your clean laundry to your room | Crabwalk your clean laundry to your room (Race a family member) |
| Pick up lawn debris | Pick up lawn debris (compete and see who can pick up more) |
| Practice Tumbling Skills (animal walks, rolls, cartwheels) | Practice Tumbling Skills (animal walks, rolls, cartwheels) |
| Water bottle bowling | Water bottle bowling |
| Ride a Bike or Scooter | Scavenger Hunt |
| Roller Blade or Skate | Bed Sheet Parachute Games |
| Hula Hoop | Corn Hole |
| | Bocce Ball |
| | Hula Hoop |
| | Ride a Bike or Scooter |
| | Roller Blade or Skate |